

ABCs of Detox Diets!



Healthy Columbus
Nutrition Seminar
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FRESH FOOD PERSPECTIVE

Overview

- Fad Diets
- Quick-Fix “Detoxing”
- True Detox Diets
 - Toxins
 - Detoxing



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Fad Diets



She went through that new 14-day diet, but all she lost was two weeks.

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What is a fad?

- Webster's defines a fad as "a short-lived fashion or craze"
- So fad diets are short-lived, crazy diets!
- These diets do not work for many reasons – one reason being they are SHORT-LIVED



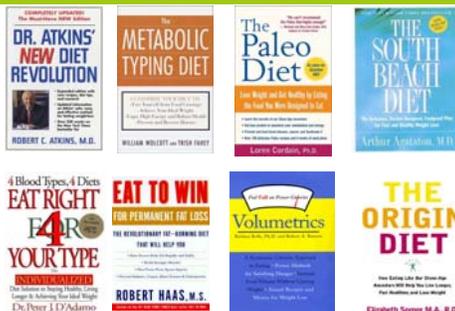
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How to spot a fad diet

- Sounds too good to be true, it probably is, "Lose 15 lbs in 7 days"
- Recommends using a single food on a very consistent basis
- Promises quick and easy weight loss with no effort
- Eliminates an entire food group (i.e. carbohydrates, dairy)
- Guarantees and outcome in a specified time period
- Bases evidence for effectiveness only on the quotes of other dieters

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DIETS GALORE!!



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High Protein/Low Carb



- Low in calories and exclude grains and other important high-carbohydrate foods
 - Important nutrients and fiber are being limited in the diet
 - Higher in protein than recommended = stress and injury to the kidneys
 - Some are also high in fat which can raise the risk of developing heart disease

- Majority of weight loss is muscle and water loss, so weight will be regained as soon as normal eating resumes

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Single Food Diets



- Only eat one food for several days
 - Examples: the grapefruit diet, the rice diet, the cabbage soup diet

- Usually low in calories or get food fatigue and start consuming less

- Variety of foods not being eaten so nutrients are missing from the diet

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Blood Type Diets

- Eat foods based on your blood type
 - Thinking is that by eating certain foods, the body will process them more efficiently because they are for your blood type

- Processing food more or less efficiently does not result in weight loss

- Eliminates foods and perhaps important nutrients



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Skipping Meals

- Premise is fewer meals result in fewer calories
- Going several hours without eating will more than likely cause one to overeat when they have their next meal & slows metabolism
- It is healthier for the body and appetite to eat regular meals when hunger strikes instead of skipping



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Laxative Diets

- Belief that laxative use promotes weight loss
- Laxative-induced diarrhea does not significantly reduce the number of calories absorbed from food
 - Laxatives do not work on the small intestine – where calories are absorbed, but on the colon
- Use can promote cramping, nausea, diarrhea, vomiting, constipation, dehydration, fainting, irregular heartbeat and electrolyte imbalances



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Weight Loss Teas

- Several teas on the market: dieter's tea, slim teas, fat-burning teas
 - Likely contain a form of a laxative but it may not be listed on the label
- If the tea contains: senna, aloe, rhubarb root, buckthorn, cascara, or castor oil – it contains a laxative
- Use can promote cramping, nausea, diarrhea, vomiting, constipation, dehydration, fainting, irregular heartbeat and electrolyte imbalances



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Other Weight Loss Products

□ Herbs, Hormones, Minerals

- Ma Huang, DHEA (dehydroepian-drosterone), and individual minerals like chromium are all marketed as weight loss aids
- None have been proven to promote weight loss, build muscle, or anything beneficial
- Ma Huang and DHEA have been found dangerous and deaths have been linked to Ma Huang!



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Liquid Diets

□ Only consume liquids

- Some may replace one or two meals with liquids (i.e. Slim Fast, Optifast, juicing)



□ Most provide few calories per day

- Claim to provide everything in a drink but they are missing nutrients, fiber and phytochemicals that can only be found in food

□ It is possible to consume just as many calories through liquid as through food

- May be easier to consume more because food contains more fiber that can help you feel full

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Fasting (or close to it)

□ Aka "crash dieting"

□ Lacking in nutrients required for normal functioning of the body

□ Weight loss is a result of water

□ Slows Metabolism

□ Side effects include: extreme fatigue, constipation, nausea, diarrhea, and even gallstone formation



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Detox Diets



- Several diets claim the body is full of toxins which are stored in body fat and need to be cleansed regularly to avoid illness
- Plans include fasting, liquid dieting and/or use of herbal teas
- No scientific basis that supports these restrictive types of plans
 - Need nutrients to support liver detoxification

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More Skinny on the Fads....

- Avoid diets that claim the following:
 - **Rapid Weight Loss** – Slow, steady weight loss is more likely to last than dramatic weight loss. If you lose more than 1/2 to 2 pounds per week you are likely losing muscle, bone and water.
 - **Quantities & Limitations** – These usually work by either having you eat a food in excess until you are sick of it or limiting certain foods. Both put you at risk for missing critical nutrients.
 - **Specific Food Combinations** – Zero evidence that certain food combinations or eating certain foods at certain times during the day helps lose weight or, as some claims say turn to fat immediately or produce toxins in your intestines
 - **No Need to Exercise** – Regular physical activity is essential for good health and healthy weight management. The key is to find activities you enjoy and aim for 30 to 60 minutes of activity on most days of the week.

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Potential Health Problems

- **Loss of energy** – almost all fad diets call for less calories to promote quick weight loss
 - When this happens, body tries to conserve energy by burning fewer calories, making you feel tired
- **Dehydration**- electrolytes sodium and potassium are dissolved in body water
 - When one is dehydrated, an imbalance of electrolytes occurs causing constipation, slowness of thought, labored breathing, dim vision, and can result in death
 - Electrolytes conduct nerve transmissions and muscle contractions, including heart rhythm – an imbalance can cause cardiac arrest

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Potential Health Problems

- **Loss of muscle** – when the body does not have adequate energy it breaks down muscle for glucose
 - Source of this glucose is mostly protein, or muscle tissue
 - More muscle you have – the higher your metabolic rate
 - By losing muscle- metabolic rate is slowed
 - Muscle holds water so weight loss will actually be occurring
 - However, person is not losing fat and weight gain will occur when old habits return
- **Vitamin & Mineral Deficiencies – MANY!!!!**

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Other Problems with Fad Diets

- **False Hope** – fad diets make promises they can't keep by offering "magic bullets"
- **Feeling of failure** – when the diet doesn't work or the dieter eats a forbidden food, he/she may feel failure or guilt
- **Loss of Money**- many products are expensive
- **Avoiding Real Change** – by trying fad diets, person who really wants or needs to lose weight is avoiding making the changes that will promote real weight loss for good

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"Quick-Fix" Detox Diets



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Quick-Fix Detox?

- Not true, full detox diets
 - More what we think of after a night, weekend, holiday season of overindulging on food and drinks
 - To make us feel better, get rid of the bloat and flush out our system



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Quick-Fix Detox

- 3 rules to a quick-fix detox:
 1. Wake up and exercise!
 - Helps sweat out toxins and bloat, releases mood-boosting endorphins!
 2. Drink up! (We're talking about water)
 - Helps flush excess salt and fluid out of body, aids with digestion, helps decrease puffiness/bloating, helps rehydrate if hungover
 3. Avoid starch carbs and load up on nutrient rich veggies and lean protein!
 - Ditching the bread, rice, pasta, potatoes, cookies, sweets and treats will help reducing bloating and reset your system
 - Nutrients in veggies helps body detoxify (see next section)



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One-Day Detox Menu

- Joy Bauer's One-Day Detox Plan
 - 8am: Scrambled eggs + vegetables
 - Fiber + protein to fill you up and get you going
 - 12pm: Bloat-busting Salad
 - Includes protein, fiber, potassium, water – all to help get you going, balance your blood sugar and help flush out the bloat!
 - Start with base of leafy greens (include spinach), add fiber rich veggies (i.e. broccoli, beets, peppers, mushrooms, carrots, onions, tomatoes, avocado, etc.), add hydrating cucumbers, pile on protein (chicken, turkey, fish, beans, chickpeas, edamame or lentils), dress it up (1 teaspoon olive oil + 2 tablespoons vinegar or lemon or lime juice)



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One-Day Detox Menu

□ Joy Bauer's One-Day Detox Plan

- 3pm: Handful of nuts + apple
 - Healthy fat, protein fiber and complex carbohydrates gives you an afternoon boost and balances out your blood sugar
- 6pm: 6-8 ounces fish or skinless chicken with 2+ cups vegetables
 - Feel free to add herbs and spices to season (garlic, onion, pepper, etc) but avoid extra oil, cheese, cream sauce and salt.



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True Detox Diets



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Toxins – why worry?

- More than 80,000 chemicals are produced and used in the United States 
 - Most new to us – Full impact on how they work on us or what they can do to us is mostly unknown
 - EPA (Environmental Protection Agency) has required testing on only ~200
 - Known offenders can cause everything from hormone disruption to effecting gene expression and causing disease
- CDC estimates that average persons body contains 153 chemicals know to be or probably toxic!!

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Toxins



- Human body amazing natural detoxifier
 - Since beginning of time has had to filter out toxins (i.e. fire smoke, poisonous food, cortisol)
 - Body not equipped to handle HUGE onslaught of chemicals we face each day – Overloaded!
- Toxins come from many sources:
 - Food, plastics, air, water, household cleaning products, body care products, furniture, clothing, other home and office products, drugs, smoking, excess weight, stress



Known Offenders

BPA: Shatter proofed – found in plastic bottles, plates, containers, packaging, linings (i.e. cans). Mimics effects of estrogen and associated with obesity.

Atrazine: Pesticide – found in corn. Causes reproductive dysfunction.

Dioxin: Industrial waste – found in soil and food (especially animal products). Associated with lower sperm counts, breast cancer, and reproductive and mental disorders.

PCB: Insulating material – found in household items, wiring, paints, foams. Linked directly to cancer and problems with the immune, reproductive, nervous and endocrine systems.



Known Offenders

PFOA: Plastic coating – found in coated pans, Gore-Tex clothing, drinking water. Associated with increased cardiovascular disease risk.

Phthalate: Plasticizer and fixative – found in perfumes, cosmetics, toys, adhesives. Carcinogenic (cancer causing) and hormone disrupter – interferes with male reproductive system.

DDT: Pesticide – outlawed in 1972 but still in soil and water (and will be for thousands of years), also still being used in high-mosquito risk countries. Toxic to liver and nervous system, disrupts reproduction.

PBDE: Flame retardant – found in couches, pillows, carpets, children's clothing. Linked to problems with brain development, thyroid and reproductive function.



Known Offenders

Paraben: Preservative – found in cosmetics, lotions, personal care items. Mimics estrogen, linked to breast cancer.

Triclosan: Anti-bacterial agent – found in personal care and housekeeping supplies. Depresses production of testosterone and thyroid hormones in humans. Contributes to infertility of frogs and other species (through water system).

EMF: By-product of electrical appliances and gadgets – found in computers, phones, televisions, power lines. Depresses production of testosterone and thyroid hormones with long-term effects on brain function.

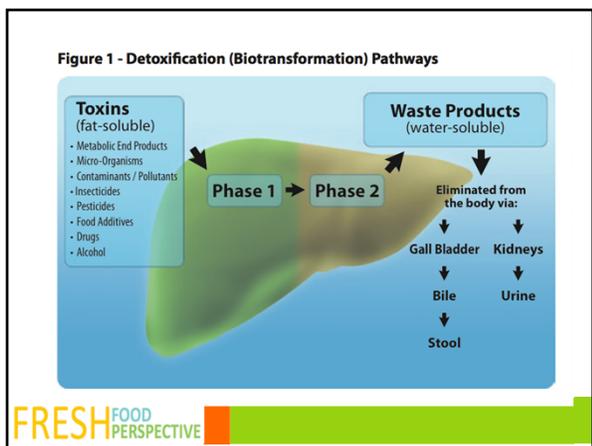
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Detoxification

- Detoxification is done mostly in the liver
- 2-step process
- **Phase I:** Body identifies toxins and transforms them into unstable molecules (FREE RADICALS)
 - Free Radicals dangerous! Disrupt DNA cause cancer, heart disease, etc.
- **Phase II:** Free radicals bound with specific dietary nutrients to be eliminated from the body
 - Requires MAXIMUM NUTRIENT SUPPORT!!



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Detoxification

□ Many different pathways/nutrients needed for Phase II. Most common:

- Methylation
- Sulfation
- Glucuronidation
- Acetylation
- Glutathione conjugation
- Amino acid conjugation



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Methylation Pathway

- Banana
- Beans
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Egg
- Legumes
- Potato
- Soy foods
- Spinach
- Sweet Potato



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Sulfation Pathway

- Almond
- Brazil nuts
- Egg
- Leek
- Onion
- Potato
- Scallops
- Spinach



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Glucuronidation Pathway

- Almond
- Apple
- Broccoli
- Carrot
- Chile pepper
- Cocoa
- Cranberries
- Halibut
- Pumpkin
- Sweet potato
- Turmeric



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Acetylation Pathway

- Berries
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Garlic
- Grapes
- Kale
- Onions
- Soy foods



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Glutathione Conjugation Pathway

- Apples
- Artichoke hearts
- Asparagus
- Cruciferous vegetables
- Egg
- Green tea
- Oats
- Pomegranate
- Red peppers
- Sprouted lentils
- Turmeric
- Yogurt



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Amino Acid Conjugation Pathway

- Beans
Legumes



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Doing a Detox

- First step – eliminate as many toxic offenders
 - Eliminate fast food, processed foods, refined sugars & grains
 - Stop smoking!
 -  ie



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Doing a Detox

- First step – eliminate as many toxic offenders
 - Minimize toxins from household items, plastics, body care products, etc.
 - Read labels! If it sounds toxic, it probably is. Replace with "green" cleaning products or look online for how to make your own cleaning and body products!
 - Replace as much plastic ware with glass
 - Check out your pans and cooking utensils! Get rid of coated cookware.
 - Environmental working group (EWG)
 - great resource for finding toxins in products and food!
 - www.ewg.org



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Doing a Detox



- Prepare your mind and body
 - Make sure you are getting at least 30 minutes of moderate exercise daily
 - Learn simple de-stressing techniques and find one that works for you (i.e. yoga, meditation, guided imagery, coloring, breathing techniques, etc.)
 - Get enough sleep! Aim for at least 8 hours at night. Practice getting in bed at a good hour and turning off all electronics at least 1 hour before bed.
 - Stay hydrated! Aim for at least 8-10 cups of water daily!

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Doing a Detox

- Basic detox diet guidelines:
 - Aim for plant-based diet (at least 2/3 of intake from plant foods)
 - Include a variety of plant foods
 - Aim for at least 1 color from the rainbow each day
 - Choose foods that support the Phase II detoxification process
 - Try to get foods from each of the six pathways listed



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Doing a Detox

- Basic detox diet guidelines:
 - Choose hormone and antibiotic free animal products
 - Organic and grass fed is best
 - Minimize pesticide contamination
 - If can not afford all organic, consider EWG's guide to buying produce
 - Consume raw and cooked veggies



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Dirty Dozen - Clean 15

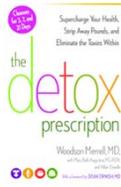


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Doing a Detox

□ Pick a plan!

- Many good programs/plans out there but use caution!
- Look for nutrient rich ones that do not use supplements, teas, etc. Avoid Master Cleanse type diets.
- The Detox Prescription by Dr. Woodson Merrell and Mary Beth Augustine (3, 7, 21 day plans)
- Dr. Oz and Dr. Mark Hyman 10 day plan <http://www.doctoroz.com/article/10-day-detox-diet-jump-start-guide>



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Precautions!

- Detox diets can be hard on the body and may not be appropriate for everyone at all times. Use special precaution and talk to your doctor before starting a program if you are:
 - Pregnant, trying to become pregnant or nursing
 - Compromised immune system, chronic health conditions or undergoing chemotherapy or other cancer treatments
- Avoid rapid weight loss!
 - Toxins often stored in fat so want slow, steady weight loss to give your body time to process and eliminate toxins as they are released with fat breakdown (~1-2 pounds/week max)

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Questions??



THANK YOU!!

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